

Mental Health Resources - Litchfield CUSD #12

****If you need IMMEDIATE help - CALL 911***

Crisis Texting Hotline: TEXT "HOME" TO 741741

Crisis Hotline for Kids and Teens: TEXT "teen2teen" to 839863 or call 1-877-968-8491

Suicide Prevention Hotline: 1-800-273-TALK (8255)

If you are experiencing any kind of emergency situation related to drug or alcohol use, you should call 911.

The SAMHSA National Helpline is available if you are struggling with addiction or are concerned about a loved one's alcohol or drug abuse. Call 1-800-662-4357

*If you are having negative thoughts, feel free to email...

- LHS: Karen Cress - Counselor:
 - kcress@litchfieldpanthers.org
- LMS: Paula Dal Canton - Counselor
 - pdalcanton@litchfieldpanthers.org
- Elementary: Brenda Elvers- Counselor
 - belvers@litchfieldpanthers.org

This is a good practice if you want to talk to the counselor in the morning, but would like to share some of your feelings ahead of time. If you are in urgent need of help you must seek immediate help.

This is a link for parents...<http://parentguidance.org/>. The information on this website offers parents education and therapeutic support to empower and give hope as you support your child's mental health.

LOCAL RESOURCES:

St Francis Way Clinic

Federally Qualified Health Center (FQHC)

805 Saint Francis Way

Litchfield, IL 62056

(217) 839-4141

www.locuststreet.org

Litchfield Family Practice

1285 Franciscan Drive

Litchfield, IL 62056

Phone: 217-324-6127

www.lfpc.net

Montgomery County Health Department

11191 IL Rt. 185

Hillsboro, IL 62049

1-217-532-2001

<https://www.montgomerycountymd.gov/>

Memorial Behavioral Health – Springfield Children's Center

710 N. Eighth Street

Springfield, IL 62702-6395

<https://www.memorialbehavioralhealth.org/>

(217) 757-7700

Macoupin County Maple Street Clinic

109 E. Maple Street

Gillespie, IL 62033

1-888-349-4482

www.mcphd.net

Lincoln Prairie Behavioral Health Center

Address: 5230 S. Sixth Street Road

Springfield Illinois 62703

Phone: 217-585-1180

<https://lincolnpairiebhc.com/>

St. Anthony's Hyland Behavioral Health

10018 Kennerly Road

St. Louis, MO 63128

Phone: (314) 525-7275

[St. Anthony's Hyland Behavioral Health](http://St.AnthonysHylandBehavioralHealth)

Mercy Clinic Child and Adolescent Psychiatry

621 S. New Ballas Road, Medical Tower A

Suite 693A

Saint Louis, MO 63141

Phone: (314) 251-6898

If you have an emergency situation or feel you or a family member are a danger to themselves or others, please call 911 or intake (314-251-6565) for immediate assistance.

[Mercy Clinic Child and Adolescent Psychiatry](http://MercyClinicChildandAdolescentPsychiatry)

Locust Street Resource Center

320 South Locust Street

Carlinville, IL 62626

Main Tel: 217-854-3166